Printable Spinal Stenosis Exercises [PDF]

Information reviewed by the **Physio Ed. Content Advisory Board**

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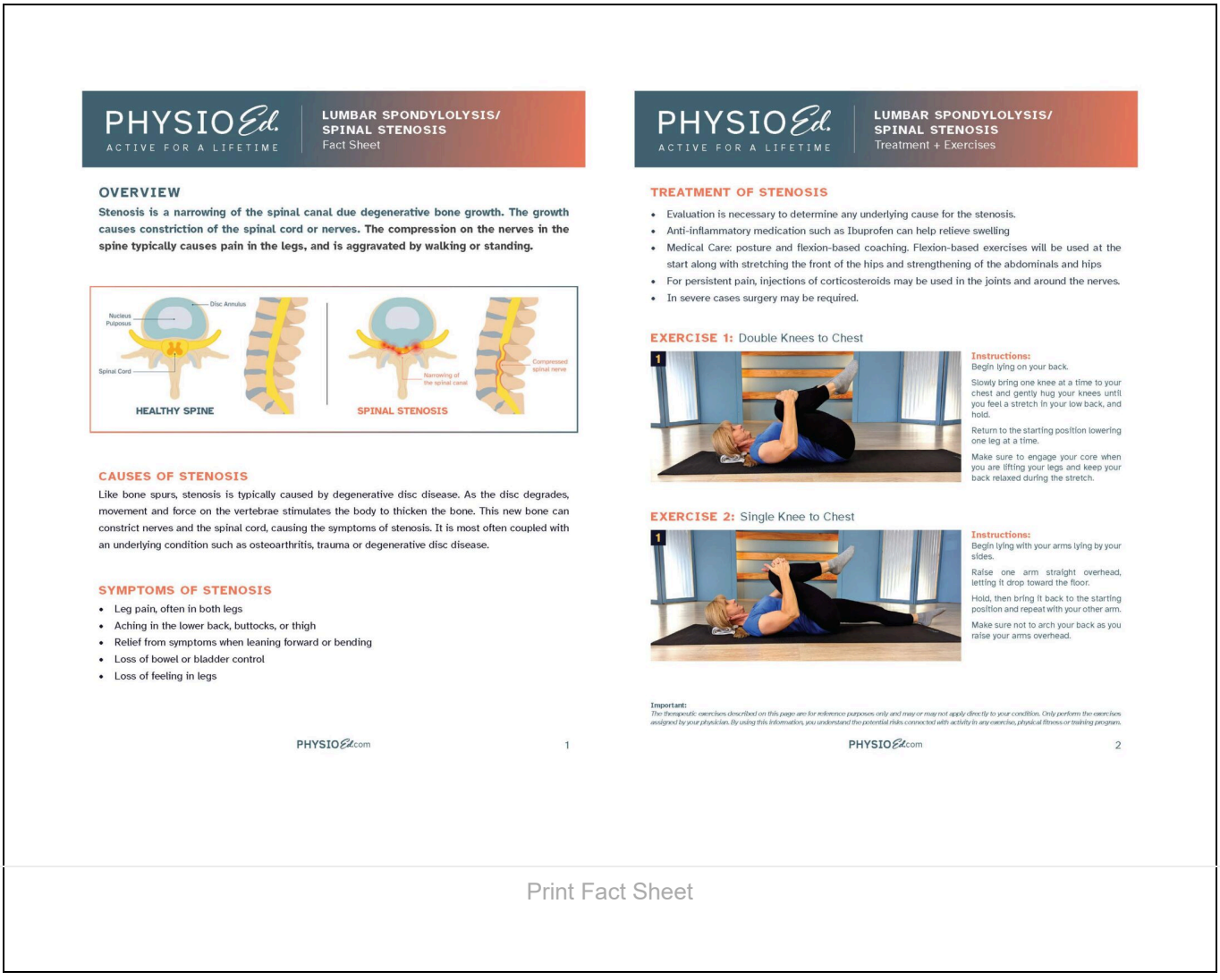

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OVERVIEW

Stenosis is a narrowing of the spinal canal due degenerative bone growth. The growth causes constriction of the spinal cord or nerves. The compression on the nerves in the spine typically causes pain in the legs, and is aggravated by walking or standing.

CAUSES OF STENOSIS

Like bone spurs, stenosis is typically caused by degenerative disc disease. As the disc degrades, movement and force on the vertebrae stimulates the body to thicken the bone. This new bone can constrict nerves and the spinal cord, causing the symptoms of stenosis. It is most often coupled with an underlying condition such as osteoarthritis, trauma or degenerative disc disease.

SYMPTOMS OF STENOSIS

- Leg pain, often in both legs
- Aching in the lower back, buttocks, or thigh
- Relief from symptoms when leaning forward or bending
- Loss of bowel or bladder control
- Loss of feeling in legs

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TREATMENT OF STENOSIS

- Evaluation is necessary to determine any underlying cause for the stenosis.
- Anti-inflammatory medication such as Ibuprofen can help relieve swelling
- Medical Care: posture and flexion-based coaching. Flexion-based exercises will be used at the start along with stretching the front of the hips and strengthening of the abdominals and hips
- For persistent pain, injections of corticosteroids may be used in the joints and around the nerves.
- In severe cases surgery may be required.

EXERCISE 1: Double Knees to Chest

Instructions:
Begin lying on your back.

Slowly bring one knee at a time to your chest and gently hug your knees until you feel a stretch in your low back, and hold.

Return to the starting position lowering one leg at a time.

Make sure to engage your core when you are lifting your legs and keep your back relaxed during the stretch.

EXERCISE 2: Single Knee to Chest

Instructions:
Begin lying with your arms lying by your sides.

Raise one arm straight overhead, letting it drop toward the floor.

Hold, then bring it back to the starting position and repeat with your other arm.

Make sure not to arch your back as you raise your arms overhead.

Important:
The therapeutic exercises described on this page are for reference purposes only and may or may not apply directly to your condition. Only perform the exercises assigned by your physician. By using this information, you understand the potential risks connected with activity in any exercise, physical fitness or training program.

Print Fact Sheet

Navigating the complexities of spinal stenosis can be daunting, especially for older adults who are most commonly affected by this condition. That's why we've created a comprehensive, easy-to-understand printable fact sheet dedicated to providing you with essential information about spinal stenosis. This resource is designed to help you understand the causes, symptoms, and potential treatment options, as well as preventative measures you can take to manage and mitigate the effects of this condition on your daily life.

This fact sheet is more than just an informational guide; it also includes a set of exercises recommended by professional physical therapists. These exercises are not only detailed but also come with step-by-step instructions, making them easy to follow. They are specifically designed to help alleviate the symptoms of spinal stenosis, improve mobility, and enhance overall wellness. Whether you are newly diagnosed or have been managing spinal stenosis for years, this fact sheet serves as a useful tool to help you take control of your health.

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